



TRAILS CLUB OF SOUTH AFRICA

PO Box 404

Bergvliet

7864

Website :

www.trailsclub.co.za

Hike Schedule

01-09-2015 to 31-05-2016

Chairperson : Denise Hopkins Tel. 0217902510
 Day Hikes: Phillip Williams Tel. 0215311620
 Trails: Mervyn Henderson Tel. 0217950092

The GRADING SYSTEM and HIKING NOTES are printed on the Website and in the Newsletter

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 05-09-2015	Rosemary Paul Home Ph: 0784251880	Start Time: 13:00 End Time: 17:00 Silvermine gate 2 (non-paying)	KLEINTUINKOP SILVERMINE Moderate Hike Join Rose to see the tree growing in the middle of a cave ! Lots of uphill with great views from the top and at an easy pace	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 06-09-2015	Tony Burton Home Ph: 0217011707	Start Time: 08:30 End Time: 16:00 Phone convenor	CLEFT PEAK & MAGIC FOREST VIA JEEP TRACK Difficult Hike We will start at Constantia Nek, ascend up the jeep track, past Nursery Gorge and on to Cleft Peak with great views. Return back via the Magic Forest, Orange Face and past De Villiers Dam, and back to the cars.	Cost Member: R0 Visitor: R10 Limit: Distance: 13km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 13-09-2015	Mark Delbridge Home Ph: 0217126074	Start Time: 09:30 End Time: 16:00 Koeberg visitors centre	DIKKOP TRAIL - KOEBERG Moderate Hike Circular route through strandveld and sandveld; walk through fynbos, restio fields and along the beach for 2km; see the wild flowers, numerous animals and birds. The hike is made moderately difficult only by the length - bring sufficient water.	Cost Member: R0 Visitor: R10 Limit: Distance: 19km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Friday 18-09-2015	Denise Hopkins Home Ph: 0217902510	Start Time: 09:30 End Time: 15:00 River club parking to pool cars	DARLING'S ANNUAL WILDFLOWER SOCIETY SHOW Join Denise for an outing to the Darling show which includes an extensive country market and info stalls. Indigenous plants at bargain prices. All under cover so rain does not cancel. Adults R50 Pensioners R30.	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 19-09-2015	Tommy Hiscock Home Ph: 0217127476	Start Time: 10:30 End Time: 15:00 Total garage, Glencairn	GIFKOMMETJIE CAPE POINT Moderate Hike A circular route initially along cliffs overlooking the coast and Atlantic. We return facing south via the coast and back up to the carpark. During the second week of September, National Parks board offer free entry into the parks, including Cape Point. Definitely bring along your ID book as this privilege is only for SA citizens	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 20-09-2015	Geoff Tinker Home Ph: 0217827757	Start Time: 10:00 End Time: 15:00 Total garage Glencairn at 09.15 or Cape Point gate	CAPE POINT - BUFFELS BAY TO KANONKOP Moderate Hike We will start at the Buffelsfontein centre and hike to Kanonkop via the back route. Descend to the coast at Bordjiesdrijf and continue along the coast to Buffels Bay. We will then hike through the fynbos back to the Buffelsfontein centre. Bring your Wild Card or pay at the gate	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 26-09-2015	Tommy Hiscock Home Ph: 0217127476	Start Time: 13:30 End Time: 17:00 Mostert's Mill Rhodes ave, Mowbray	MOSTERT'S MILL TO RHODES MEMORIAL Easy Hike We will cross Rhodes drive via the pedestrian bridge and follow the shady path up to Rhodes Memorial. Looking to the hinterland, we will explore the paths around Plum Pudding Hill before returning for tea and tart (optional).	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 03-10-2015	John Powell Home Ph: 0217832577	Start Time: 12:00 End Time: 17:30 Total garage Glencairn	CAPE POINT - SIRKELSVLEI & THE SHIPWRECK TRAIL Moderate Hike Hike from Olifantsbos inland to Sirkelsvlei, then down to the sea past the wreck of the Thomas Tucker and back to the cars. Bring Wildcard and ID or R110 entrance fee	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 04-10-2015	Pat Callaghan Home Ph: 021703 6274	Start Time: 09:00 End Time: 15:00 Rhodes Memorial parking	MOWBRAY RIDGE, KNIFE EDGE AND MINOR PEAK Moderate Hike Starting from Rhodes Memorial, hike up Mowbray Ridge via the Knife Edge and Minor peak.	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 10-10-2015	Tommy Hiscock Home Ph: 0217127476	Start Time: 09:00 End Time: 15:00 River Club, Obs. On right side behind hedge.	DELVERA VINEYARD TRAIL (R44) Easy Hike Situated between the N1 and Stellenbosch, Delvera wine farm is well worth a visit. Initially, we walk through the vineyards before making our way through the charming indigenous forest to the summit of Klapmuts Kop for really awesome views. Later a visit to the nursery, craft and coffee shop and maybe, the pig enclosure.	Cost Member: R30 Visitor: R40 Limit: Distance: 10km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 11-10-2015	Robin Cooper Home Ph: 0215322939	Start Time: 08:30 End Time: 17:00 Cecilia Forest park (money for car guard)	EAGLES NEST Moderate Hike A scramble to the top to see the dams. Up Cecila Ridge past Eagles Nest and via Contantia corner to the top, past Camel Rock and down to the dam, past the huts and on to another dam or two.	Cost Member: R0 Visitor: R10 Limit: Distance: 15km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Friday 16-10-2015 to Sunday 18-10-2015	Mark Delbridge Home Ph: 0217126074	Start Time: End Time: Phone convenor	ROOIKAT TRAIL - ROBERTSON Moderate Hike Stay in two cottages at Vrolijkheid resort. On Saturday we hike the Rooikat trail (19 km) and on Sunday, the Heron trail (3km) visiting two dams with bird hides. Fully booked but reserves are welcome.	Cost Member: R340 Visitor: R0 Limit: 16 Distance: 22km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 17-10-2015	Rosemary Paul Home Ph: 0784251880	Start Time: 13:00 End Time: 17:00 Silvermine gate 2 (non-paying)	ABDULLAS CAVE Moderate Hike Although a slightly longer hike, this is well the effort. Some uphill with rewarding views and even a tree to squeeze past !	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 24-10-2015	Mervyn Henderson Home Ph: 0217950092	Start Time: 07:00 End Time: 18:00 Phone convenor	OBSERVATION PEAK Moderate Hike Starting at Eerste Tol, cross the Wit River and hike up Bobbejaans River, skirting the waterfall and up to the plateau. From there hike north up Observation Peak to enjoy magnificent view all round. Return via the same route. Bring Wild card or money for permit	Cost Member: R0 Visitor: R10 Limit: 10 Distance: 12km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: 11-10-15 End: 21-10-15 Children Welcome: Yes
Sunday 25-10-2015	Tony Burton Home Ph: 0217011707	Start Time: 08:30 End Time: 16:30 Noordhoek beach car park	NOORDHOEK BEACH TO KOMMETJIE Easy Hike After transferring cars to Kommetjie Lighthouse pub, we drive back to Noordhoek beach from where we walk to the Kakapo wreck and on to Kommetjie. At Kommetjie, you can enjoy an excellent inexpensive lunch at the Lighthouse pub.	Cost Member: R0 Visitor: R10 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 31-10-2015	Denise Hopkins Home Ph: 0217902510	Start Time: 09:00 End Time: 14:00 Phone convenor	CAPE TOWN CITY - HISTORICAL WALK Easy Hike Wolfgang Pasche will take us on a historical tour of the city, including the Bo-Kaap. If you are interested in the history and buildings of our mother city, please join us on this tour. The tour will end with lunch (optional) in the Bo-Kaap.	Cost Member: R0 Visitor: R10 Limit: 12 Distance: 4km Fitness: Average Exposure: None Technical: Walk Booking Start: 21-10-15 End: Children Welcome: Yes
Sunday 01-11-2015	Brian Ford Home Ph: 0215312660	Start Time: End Time: Phone convenor	KLEINMOND NATURE RESERVE CIRCUIT Easy Hike Starting from Kleinmond, hike via the Contour path to Dot's Dash. Then down Klipspringer path to the picturesque Fairy Glen, up to Kasteelkopnek and along the Contour path back to the cars. Tea and cake in Kleinmond afterwards so bring money. Lifts will be shared so phone for meeting place	Cost Member: R0 Visitor: R10 Limit: Distance: 14km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Wednesday 04-11-2015	Tommy Hiscock Home Ph: 0217127476	Start Time: 09:30 End Time: 14:00 Ruyterplaats gate	JUDAS CAVE Moderate Hike This hike is aimed at all retirees, old crocks or whoever would like to join us for an interesting recce. Heading towards Llandudno corner, we will seek out the path to Judas cave. A short but exhilarating hike, long forgotten by the club.	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes

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Saturday 07-11-2015	Geoff Tinker Home Ph: 0217827757	Start Time: 07:30 End Time: 16:00 Behind BP Garage, Forest Dr, Pinelands	JASON'S HILL RAWSONVILLE Moderate Hike This is a reportedly beautiful hike in the Slanghoek Mountains from the Jasons Hill wine farm near Rawsonville about 100km from Cape Town. We will hike from 09:00hrs until about 14:00hrs and then have lunch and optional wine tasting at the Jasons Hill restaurant. Hike fees are R25pp and lunch will cost R55 to R110 depending on menu choice. Phone Geoff on 021 782 7757 or 082 658 3313 to book as we need to give numbers to Jasons Hill	Cost Member: R25 Visitor: R35 Limit: Distance: 7km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: 04-11-15 Children Welcome: Yes
Sunday 08-11-2015	Pat Callaghan Home Ph: 021703 6274	Start Time: 09:00 End Time: 16:00 Rhodes Memorial	NEULANDS RAVINE TO THE SADDLE Moderate Hike Steep walk up from Rhodes Memorial with rewarding views.	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: No
Saturday 14-11-2015	Mervyn Henderson Home Ph: 0217950092	Start Time: 07:00 End Time: 17:00 Phone convenor	PERDEKOP - FRANSHOEK Moderate Hike A lovely hike in this beautiful area. Hike form Mont Rochelle parking to Perdekop (1,575m) rising 850m and return on the alternative route. Great vistas from the peak with Table Mountain visible on a good day. Bring Wild card or money for permit.	Cost Member: R30 Visitor: R40 Limit: 12 Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: 02-11-15 End: 11-11-15 Children Welcome: Yes
Sunday 15-11-2015	Phillip Williams Home Ph: 0215311620	Start Time: 08:30 End Time: 16:00 Constantia Nek parking(money for guard)	CONSTANTIA NECK TO THE DAMS Moderate Hike Scenic hike through the forest from Constantia Nek up to the dams and back. Bring lunch, water and all weather gear.	Cost Member: R0 Visitor: R10 Limit: Distance: 12km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Friday 20-11-2015 to Sunday 22-11-2015	Phillip Williams Home Ph: 0215311620	Start Time: 18:00 End Time: 17:00 Phone convenor	BOESMANKLOOF - GREYTON TO MCGREGOR Moderate Hike Hike from Greyton to MacGregor through the rugged Riviersonderend mountain range, swimming in rock pools on the way. Magnificent views. Overnight at Bezuidenhout's farm then walk back to Greyton. Fully booked but reserves are welcome.	Cost Member: R430 Visitor: R0 Limit: 15 Distance: 30km Fitness: Fit Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Saturday 21-11-2015	Tommy Hiscock Home Ph: 0217127476	Start Time: 10:00 End Time: 15:00 River Club, Obs. Right side behind hedge	INTAKA ISLAND CENTURY CITY Easy Hike Firstly, an interesting boat ride between impressive buildings with a knowledgable guide. Choose to hop off/on and visit Century City for a while for shopping/refreshments. On returning to the island, we will further exhaust ourselves by doing the interesting 2km walk. Cost for pensioners is R30 otherwise R40.	Cost Member: R40 Visitor: R50 Limit: Distance: 2km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Friday 27-11-2015	Denise Hopkins Home Ph: 0217902510	Start Time: 19:30 End Time: 21:00 Meadowridge tennis club	SOCIAL - PHOTOGRAPHY TIPS Kevin McGilton has kindly agreed to give a talk to members on improving your photography skills. Kevin was the judge of this year's photographic competition.	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 28-11-2015	Rosemary Paul Home Ph: 0784251880	Start Time: 13:00 End Time: 17:00 Sunbird centre parking (turn left opp. Silvermine v	SILVERMINE - SUNBIRD CENTRE TO THE WATERFALL Moderate Hike A long ascending walk from the centre up to the waterfall with an easy return.	Cost Member: R0 Visitor: R10 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 29-11-2015	Robin Cooper Home Ph: 0215322939	Start Time: 08:00 End Time: 16:00 Cecilia forest parking (money for guard)	CECEILIA FOREST TO RHODES MEMORIAL Moderate Hike After a car shuffle, we walk up to the contour path an on to Rhodes Mem cafe for drinks/eats. Some steep ups and downs.	Cost Member: R0 Visitor: R10 Limit: Distance: 14km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 05-12-2015	Nerina De Villiers Home Ph: 0217012355	Start Time: 13:00 End Time: 17:30 Phone convenor	DASSIES KASTEEL TRAVERSE Moderate Hike Meet at Silvermine South parking from where the route takes us around the base of Kleintuin Kop. The route up is a SCRAMBLE which traverses the rock bands. This is moderately easy but includes some exposure. Tea on top, with great views from the Kasteel, then down via Berties' Balcony. For Visitors & those unsure of scrambling, please phone Nerina (Tel 0737285361). Rain cancels	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 06-12-2015	Brian Ford Home Ph: 0215312660	Start Time: End Time: Phone convenor	HOUW HOEK CIRCULAR TRAIL Moderate Hike Circular hike from Houw Hoek Inn up to 2 viewpoints via the mountain track and back to the Inn for afternoon tea and cake. Lifts will be shared so phone convenor for details	Cost Member: R0 Visitor: R10 Limit: 12 Distance: 8km Fitness: Fit Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Friday 11-12-2015 to Sunday 13-12-2015	Geoff Tinker Home Ph: 0217827757	Start Time: End Time: Phone convenor	LOCHINVAR FARM STANFORD - CAMPING WEEKEND Easy Hike A camping weekend on Lochinvar farm on the Klein river near Stanford. There are adequate ablution facilities but bring your own tent or caravan, etc. Activities on the farm include hiking, swimming, paddling, boating, etc. The farm has a river frontage of 400m so bring your canoe or kayak. There will be a hike to a waterfall in the mountains on Saturday afternoon for those who wish to take part. There is a bird sanctuary downriver which leads into the Hermanus lagoon. We will have the use of a 3.8m rubber duck with a 15hp motor. Stanford is 6km away by road or less by river, with pubs, shopping and a village green.	Cost Member: R100 Visitor: R130 Limit: 16 Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 12-12-2015	Pat Callaghan Home Ph: 021703 6274	Start Time: 13:00 End Time: 17:00 Cecilia forest parking area	CECELIA RIDGE Moderate Hike Meet at Cecilia forest parking for a steep hike through the forest up to the ridge above.	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No
Wednesday 16-12-2015	Denise Hopkins Home Ph: 0217902510	Start Time: End Time: Phone convenor	CHAMPAGNE BREAKFAST Please do join us for the Clubs annual year end social. Venue and details to follow by email closer to the date.	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: No
Saturday 19-12-2015	Tommy Hiscock Home Ph: 0217127476	Start Time: 13:30 End Time: 17:00 Price Drive parking	CONSTANTIA - PRICE DRIVE Easy Hike From Price Drive parking, we criss-cross all the colour coded paths in lush shade.	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 20-12-2015	Mervyn Henderson Home Ph: 0217950092	Start Time: 07:00 End Time: 17:00 Phone convenor	HAPPY VALLEY - WIT RIVER Moderate Hike Hike from Eerste Tol along the path to Happy Valley, joining the jeep track and then descending to the Wit River at the Limietberg hut or closer to the weir. Swim at the beautiful pool below the weir and return via the Wit River gorge to Eerste Tol. Lots of boulder hopping in the river. Bring Wild card or money for permit.	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: 07-12-15 End: 16-12-15 Children Welcome: No
Wednesday 30-12-2015 to Saturday 02-01-2016	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone convenor	OUTENIQUA TRAIL - PLATBOS TO DIEPWALLE Moderate Hike First night at Platbos - walk in 1 km. Day 1 : Hike to Milkwood then descend to the Homtini river and Jubilee creek for a swim. Last stretch is up to Millwood (15km 7 hours). Celebrate New Year there. Day 2 : Hike to Rondebossie (17kms 5 hours) and swim in the Knysna river. Day 3 : Hike to Diepwalle (13km 5 hours) over Jonkersberg with good views. Sleep at Diepwalle. Hike through indigenous forest, plantations and fynbos. This is a slackpacking hike. The second part of this trip will be at accommodation at the Craggs - see details advertised separately. The Outeniqua trail and the post Outeniqua day hikes are 1 package. Wild card or pay conservation fee. To book, email mervyn.henderrson@gmail.com or phone. Full payment will be required by end of October 2015.	Cost Member: R470 Visitor: R500 Limit: 12 Distance: 46km Fitness: Fit Exposure: None Technical: Walk Booking Start: 01-10-15 End: Children Welcome: Yes

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Sunday 03-01-2016 to Wednesday 06-01-2016	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone convenor	POST OUTENIQUA DAY HIKES Moderate Hike This is the second part of the New Year trip. Stay at Sweetwater farm for 3 nights See www.travelground.com/accommodation/sweetwater-farm-cottages/rooms. Palmiet house is an old restored farmhouse. The house has 5 bedrooms & 3 bathrooms. Return home on 6/1/2015 (or stay on in your own accommodation). Hikes will be arranged in the Natures Valley area & possibly Plett. Book with the Outeniqua trail. Full payment will be required by end October 2015.	Cost Member: R1030 Visitor: R1060 Limit: 12 Distance: 20km Fitness: Fit Exposure: None Technical: Walk Booking Start: 01-10-15 End: Children Welcome: Yes
Saturday 13-02-2016 to Sunday 21-02-2016	Anthony Sneath Home Ph: 0217901671	Start Time: End Time: Phone convenor	OYSTERCATCHER TRAIL & TSITSIKAMMA DAY HIKES Moderate Hike This 4 night trail in the Mossel Bay area is rated 1 of the top 5 trails in the country ! This will also be the first time that the club is hiking this trail - slackpacking and self catering. Thereafter, the group moves on to Forest house at Wild Spirit, the Crags. From here, we visit World of birds and Monkeyland and do day hikes in Knysna, Robberg and around Natures Valley. Contact Anthony for further details.	Cost Member: R4150 Visitor: R0 Limit: Distance: 65km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 19-03-2016 to Monday 28-03-2016	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone convenor	CEDERBERG Moderate Hike Hike to the Heiveld arch, Zoo Ridge area, Rooiberg at Nuwerus, then from Thursday 24 April (over Easter) hike up Krakadouw and other hikes at Heuningvlei, staying at the backpackers. A high clearance vehicle would be best in the Heuningvlei area. 3 days leave for this extended trip. Alternatively, it may be possible to join for the Easter weekend. Booking will only open next year with more details of the trip.	Cost Member: R0 Visitor: R10 Limit: 12 Distance: 0km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 23-04-2016 to Thursday 05-05-2016	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone convenor	PAFURI WALK, KRUGER NP AND NUM -NUM TRAILS Moderate Hike The Pafuri walk is situated in the far north of the Kruger Park in a biologically diverse area. The walk takes place over 4 days and is guided with food and accommodation provided. After the walk, travel to the southern end of Kruger NP staying at Shingwedzi, Letaba, Skukuza and Berg-en-dal camps. Leaving the KNP, travel to the Num Num Trail. It is a 3 day slackpacking trail. Transport will be return flights to OR Tambo and minibusses. The trip is full and waiting list only.	Cost Member: R12375 Visitor: R12500 Limit: 14 Distance: 70km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: No
IMPORTANT NOTES · All persons participate in Trails Club activities entirely at their own risk. · All visitors and members bringing visitors must phone the Convenor first. · No smoking allowed on any hikes. · Hikers must bring at least 1 litre of water & full rain gear (raincoat and hood) on hikes. · Do not leave the hike party without contacting the Hike Leader. · Payments for trails and weekends to: The Trails Club, P.O. Box 404, Bergvliet, 7864 · If your name, address, tel number, next-of-kin, email have changed, please notify the Membership Secretary Maré Ascott immediately at tel. no. 424-4801 Emergency Phone Numbers: Mountain Rescue 107 or 021-9489900 Ambulance 10177 Flying Squad 10111 Poison Information Centre Tygerberg 021-93106129 Mountain Fires 107 Emergency Codes: Need help: 6 Blasts/Flashes, Long Pause (Repeat). Have heard distress call: 3 Blasts/Flashes, Long Pause (Repeat) BANKING DETAILS: Standard Bank Claremont (025109) Cheque Account Number: 072528451 Please write your name & what you are paying for on the deposit slip and send it to the treasurer!				